Toxins (fat soluble) → **Phase I** → **Intermediary Stage** (less fat soluble) → **Phase II** → **Waste Products** (water soluble)

Required Nutrients

Riboflavin (Vit B2)
Niacin (Vit B3)
Pyridoxine (Vit B6)
Folic Acid
Vitamin B12
Glutathione
Branched-chain amino acids
Flavonoids
Phospholipids

Highly Reactive Substances

Protective Nutrients

Carotenes (Vit A)
Coenzyme Q10
Ascorbic Acid (Vit C)
Thiols (found in garlic, onions, cruciferous vegetables)
Tocopherols (Vit E)
Selenium
Copper
Bioflavanoids
Zinc
Silymarin
Manganese
Pycnogenol

Required Nutrients

Amino Acids

N-acetylcysteine
Glycine
Taurine
Glutamine
Cysteine
Methionine

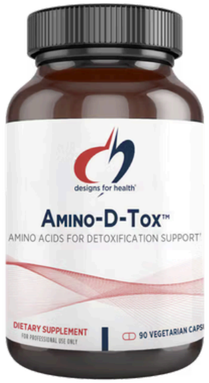
Eliminated from the body via:

- Bile → Feces/ Stool
- Kidneys → Urine
- Skin → Sweat

Toxin List

Endotoxins: end products of metabolism, bacterial endotoxins

Extotoxins: drugs (prescription, OTC, recreational), agricultural chemicals, food additives, household, microbial, pollutants/contaminants



Amino-D-Tox

TAKE AWAY FROM FOOD

3 capsules (2x/day) to support phase II liver detox pathways

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